



Mushroom-Barley Pilaf with Spinach

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 1 cup less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 0.5 cup quick-cooking barley uncooked
- 0.1 teaspoon salt
- 0.3 cup shallots sliced
- 4 ounces shiitake mushroom caps fresh sliced

2 cups spinach leaves fresh

Equipment

sauce pan

Directions

Melt butter in a medium saucepan over medium-high heat.

Add shallots; cook 1 minute, stirring occasionally. Stir in mushrooms and garlic; cook 2 minutes, stirring occasionally. Stir in barley; cook 1 minute, stirring constantly. Stir in broth, pepper, and salt. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in the spinach; cook 1 minute or until the spinach wilts.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:24.713912974233%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 276.06kcal (13.8%), Fat: 5.29g (8.13%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 40.47g (14.72%), Sugar: 5.18g (5.76%), Cholesterol: 10.75mg (3.58%), Sodium: 680.3mg (29.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Vitamin K: 147.13µg (140.12%), Manganese: 1.27mg (63.53%), Vitamin A: 2952.26IU (59.05%), Fiber: 11.27g (45.06%), Selenium: 25.84µg (36.92%), Vitamin B3: 5.46mg (27.28%), Vitamin B6: 0.54mg (27.23%), Phosphorus: 231.03mg (23.1%), Folate: 91.89µg (22.97%), Magnesium: 85.24mg (21.31%), Copper: 0.4mg (19.91%), Potassium: 662.1mg (18.92%), Iron: 3.01mg (16.69%), Vitamin B2: 0.27mg (16.11%), Vitamin C: 12.52mg (15.18%), Zinc: 2.03mg (13.54%), Vitamin B5: 1.29mg (12.88%), Vitamin B1: 0.17mg (11.04%), Calcium: 72.29mg (7.23%), Vitamin E: 0.76mg (5.04%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.23µg (1.51%)